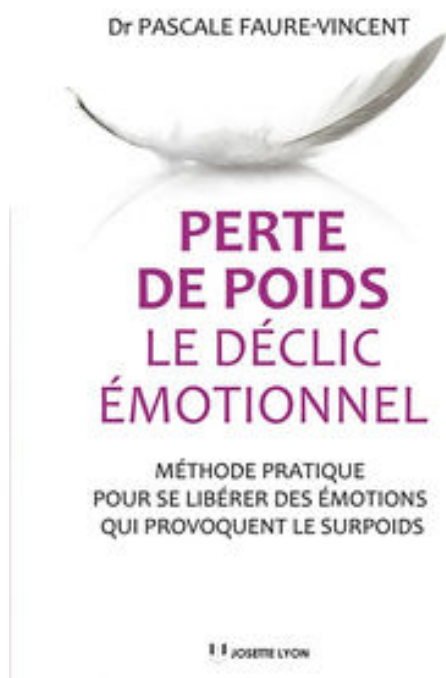


Lire Des Ebooks Perte De Poids, Le Déclic émotionnel Faure-Vincent Pascale PDF, ePub, Mobi



Lire des ebooks Perte de poids, le déclic émotionnel Faure-Vincent Pascale PDF, ePub, mobi, Certains ressentis et conflits émotionnels bloqués (manque, abandon, solitude, agression), vécus lors d'événements traumatisants, sont responsables de la mise en route inconsciente d'un programme biologique qui déclenche le surpoids et l'obésité. Tant que le programme est présent, il maintient la personne dans ce surpoids, expliquant le fameux « yoyo pondéral ». Dans cet ouvrage, le docteur Pascale Faure-Vincent explique la mise en place de ce programme, mais surtout comment le désactiver pour perdre du poids plus facilement et durablement. Cette méthode thérapeutique efficace, qui va précisément au coeur des émotions responsables du surpoids, tient en quatre étapes. Identifier les émotions à l'origine du surpoids. Un test psychologique concret permet de déterminer les problématiques à traiter. Retracer l'histoire du poids. Penser aux événements qui ont favorisé la prise de poids pour se reconnecter au ressenti concerné. Retrouver l'origine de ce traumatisme qui est bien antérieure à ce

premier événement, voire transgénérationnelle, et la libérer pour supprimer définitivement le programme « surpoids ». Définir les verrous du changement durable (allant de certaines émotions trop envahissantes les peurs, la colère, la tristesse aux troubles de l'image de soi, aux croyances limitantes, etc.) et les libérer.

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